

BEHAVIORAL HEALTH SUPPORT DURING COVID-19 NATIONAL AND LOCAL RESOURCES

Increasing stress and anxiety related to the Coronavirus (COVID-19) outbreak is prompting concerns about mental health, including substance use, trauma and suicide. It remains important to emphasize overall health, work to reduce stress and anxiety, get information from reliable sources, communicate with loved ones, stay connected with support systems, and seek additional help from mental health professionals. A selection of web-based resources and hotlines are shown below.

Local Resources for Crisis Services

RHA Mobile Crisis Management Crisis Line: 888-573-1006. Available 24/7 No Fee.

Family Preservation Services 828-697-4187. Walk-In Clinic will continue to operate as usual at 120 Chadwick Square Court to receive an intake assessment and be referred for services. They are still taking referrals for all service lines.

Blue Ridge Health Services 828-692-4289 brchs.com. Using telehealth services via video and/or telephonically. Crisis walk-in services remain available. Anyone accessing BRH buildings will be subject to the required COVID-19 screening questions and testing (flu, strep, taking temperature) in order to access buildings for services.

Behavioral Health Urgent Care, Asheville: 828-254-2700. Open 8:00am to 8:00pm M-F

Neil Dobbins, Detox Center, Asheville: 828-253-6306

ADATC, State Substance Use Treatment, Black Mountain: 828-257-6265

Caiyalynn Burrell Center Child Crisis Center: 877-277-8873. Accepting referrals (Medicaid only)

Online Resources:

Calm.com: Free mindfulness resources to reduce anxiety: <https://www.calm.com/blog/take-a-deep-breath>

Centers for Disease Control and Prevention: Recommendations and resources for managing stress and anxiety: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

National Alliance on Mental Illness (NAMI): Resource guide for wide-ranging mental health considerations <https://www.nami.org/getattachment/About-NAMI/NAMI-News/2020/NAMI-Updates-on-the-Coronavirus/COVID-19-Updated-Guide-1.pdf>

National Child Traumatic Stress Network: Parent/caregiver guide to help families cope with Coronavirus: <https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>

NC Department of Health & Human Services: Recommendations and resources for managing your overall health, including mental health: <https://www.ncdhhs.gov/divisions/public-health/coronavirus-disease-2019-covid-19-response-north-carolina/managing-health>

Psychiatry/ Pharmacy/ Narcan through The Free Clinics:

828-697-8422, www.thefreeclinics.org.

Eligibility guidelines: <https://www.thefreeclinics.org/eligibility/>

All visitors to The Free Clinics (841 Case St, Hendersonville) are currently subject to screening with health questions and temperature check prior to building access.

Psychiatric Clinic: Both walk-in and by appointment. Patients will be able to visit TFC's office and speak with a provider via telehealth. Currently 1st Tuesday evening of each month starting at 5pm, soon to add an additional monthly occurrence.

Pharmacy: Still open and dispensing, formulary available at www.thefreeclinics.org/community-pharmacy/. Current prescription refills being extended to 3 months/90 days to reduce non-urgent foot traffic. Pharmacy window hours currently reduced: Monday 12-3pm, Tuesday 4:30-7:30pm, Friday 9am-12pm. Locked box available in lobby for prescription drop-offs.

Bridges to Health: All group visits switching to telehealth format.

Naloxone/Narcan: Information at www.thefreeclinics.org/naloxone/ or call 828-697-8422.

Recovery Resources:

AA meetings online: https://www.aa.org/pages/en_US/options-for-meeting-online

SmartRecovery abstinence-based alternative to 12-Step program: www.smartrecovery.org

Substance Abuse and Mental Health Services Administration: Tip sheet for supporting behavioral health during social distancing, quarantine or isolation from an infectious disease outbreak: <https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

Suicide Prevention Resource Center: Selection of resources on mental health and coping: <http://www.sprc.org/news/resources-support-mental-health-coping-coronavirus-covid-19>

World Health Organization: International tip/resource guide for mental health and psychosocial considerations during COVID-19: <https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>

Vaya Health: COVID-19 Resource page for local (WNC) managed care organization for mental health, substance use disorder and intellectual/developmental disabilities: <https://www.vayahealth.com/coronavirus-updates/>

Hotlines:

National Suicide Prevention Hotline: 1-800-273-TALK (8255): Free, confidential, 24/7 support for people in distress. Website: www.suicidepreventionlifeline.org

National Disaster Distress Helpline: 1-800-985-5990: Crisis counseling and emotional support 24/7 for anyone experiencing distress or other mental health concerns during the COVID-19 outbreak.

Vaya Mobile Crisis Line: 1-800-849-6127. This will also help in locating local services from providers like Family Preservation Services and RHA.

National Domestic Violence Hotline: 1-800-799-7233 and TTY 1-800-787-3224. Website: www.thehotline.org

NC 2-1-1 (simply dial 2-1-1) is the official resource hotline for mental health or other needs.

Website: www.nc211.org

Some Content Courtesy of Haywood County

Updated 3/26/20 Henderson County Public Health Department